

"CAN YOU DO THIS?"

Feats in Which Holiday Guests May Participate.

WHERE THE FUN COMES ALONG

Gymnastic Feats of Parlor Entertainment—They Look Easy, But Just Try to Work Them.

The imagination of Christmas brings with it manifestations of that form of youthful irrepressibility which impels the small boy to stand on his head in the parlor and defy his sisters and his wants to follow his example. Never is festiveness more poignant than when, during a lull in the holiday-time merrymaking, a loud shout arises and says:

"Can you do that?" Some childish exclamation or other exceeds the query, absurdly simple in appearance, but which, upon experiment, proves utterly beyond the capacities of anyone present. Then another guest is emboldened to execute a feat, and the Christmas party proceeds to improvise a gymnasium out of the family parlor.

The gymnastics are, as a rule, easily forgotten. During a lull in the conversation, one of the little boys or girls to place a book upon his or her

body is capable. The feat is highly difficult, although it may seem easy. Another difficult thing of the same order is for a girl to balance a pillow on her head and then try to pick something up from the floor without letting the pillow fall.

Trunk torsion is a game adapted for boys and men. Stand erect, the feet touching, the hands on the hips or held outstretched. Then twist the body



CAN YOU DO THAT?

alternately to the left and right, assuming the position shown in the cut. This is not merely a highly healthful exercise, but a difficult and laughable trick.

In another cut is seen a trick that looks very easy, but is in most difficult as will be found upon trial. The hands are placed on the hips with the legs straight. The head is first moved forward and backward, then the trunk is swung the same way quietly and gently. The shoulders must not be put out of position.

Now stand as straight as possible with hands at the sides. Then extend the right hand downwards to the right foot without bending the right knee. The other leg and arm may be moved at will. This will be an easy thing for perhaps one person in the whole company. The others will find it impossible.

A unique amusement is to kick the empty air. It will be found on trial impossible for a man to give a genuine kick at nothing. To prove this observe the difference when a pillow or cushion is kicked.

If some one will lie flat on the floor and grasp the hands of two or more persons and remain rigid while he is walled to his feet it will be found that



AN EASY TASK.

an apparently easy thing is very difficult. Now let a grown person assume the same position and, remaining rigid, be lifted upwards, bodily, by the shoulders. The task is remarkably easy, provided the rigid position be maintained and the recumbent individual is not tall.

A wonder in gravitation is the raising of a grown person from the floor with the hands of several children or adults. Let one guest stand upright with arms folded. One person's hand should be placed under the sole of the stander's right foot at the instep, another person's hand in the same way on the left; at the right elbow let a third person's hand be placed so that the point of the elbow rests on the palm of the hand. Another guest stands in the same way at the other elbow. A fifth puts one hand under the chin of the stander. At a given signal all raise hands together, lifting the supported individual with the utmost ease. There is no fear of a fall if

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the guest experimented upon retains a rigid position throughout. This trick can be varied by raising a young man on the forefingers of five young women, unless the lifted person be exceptionally heavy, when two or three additional young women may be added.

One of the healthiest of parlor gymnastic performances is to open the floor wide, get upon a chair, cling to the molding (not the door) with the fingers, have the chair removed and hang for a time. Then try to raise your head to the level of the hands. When you get tired, drop. Men and women may try this and there is no danger in it, even should there be a fall.

The A B C of gymnastics is standing on the tips of the toes with hands hanging loosely at the sides. This is practically, when two persons try it together, running a race standing. The lungs will become filled with air and thoroughly expanded and he who stands it longest has the most staying power. This exercise is highly beneficial for delicate girls and boys.

English Directions. Inspector Barron of the Fall River central police station says that one of his countrymen left the following directions at a livery stable in Flint village: "I don't speak English too much. Put my horse on the barn and rub him in. If he's dry, drink him and eat a quart of oats."—Providence Journal.



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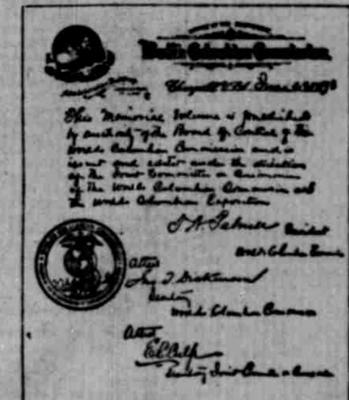
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